

Teacher Guide

'How To Make The Perfect Poo' Show

Levels : First and Second
Maximum Number of Pupils: 33

Duration: 45 mins

What to Expect

'How to Make the Perfect Poo' is a hands-on show following the passage of food through the human digestive system. Sticky, fun, and educational!

Pupils watch a live show which explores how the food we eat travels through our body. Students will be introduced to the importance of each part of our digestive process. This is an interactive show and works best with the use of a few volunteers.



Food items are used in the show so we must be made aware of any allergies in advance.

What is Covered

- A healthy diet is important to digestion
- Exercising can aid digestion
- The digestive process starts in our mouths and ends with the perfect (or not so perfect) poo!
- Pupils learn what happens to their food after they eat it
- Pupils learn names and purposes of parts of the digestive system

Curriculum for Excellence links

We have identified the Curriculum for Excellence experiences and outcomes to which this workshop can most significantly contribute (please see the next page):

First Level
SCN 1-12a

By researching, I can describe the position and function of the skeleton and major organs of the human body and discuss what I need to do to keep them healthy

Second Level
SCN 2-12a

By investigating some body systems and potential problems which they may develop, I can make informed decisions to help me to maintain my health and wellbeing.

Second Level
HWB 2-15a

I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.

Second Level
HWB 2-28a

I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing.

Second Level
HWB 2-30a

By applying my knowledge and understanding of current healthy eating advice I can contribute to a healthy eating plan.